

# MANGO BERRY ROTINI SALAD

Mangos, berries, spinach, and feta cheese make for a colorful twist on pasta salad, with the perfect balance of sweet and tangy.

Preparation time: 30 minutes

Serves: 4

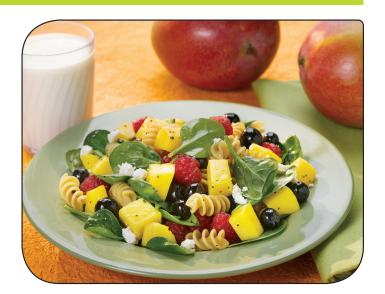
#### **INGREDIENTS:**

### Salad

- 1 cup (4 oz) whole-wheat rotini 3 tbsp extra virgin olive oil pasta, uncooked
- 1 ripe mango
- 1 cup raspberries
- 1 cup blueberries
- 2 cups fresh baby spinach
- ½ cup reduced-fat feta cheese

## Vinaigrette

- 2 tbsp raspberry vinegar
- 1 tsp sugar
- 1 tsp poppy seeds
- ¼ tsp salt

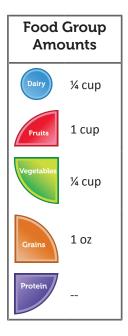


## **DIRECTIONS:**

- 1. In a small bowl, whisk vinaigrette ingredients; set aside.
- 2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
- 3. While rotini is cooking, cut mango into chunks, removing peel and pit.
- 4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.

# **Serving Suggestions:**

Serve with an 8 oz glass of non-fat milk.



Nutrition Facts Serving Size (230g) Servings Per Container
Amount Per Serving
Calories 430 Calories from Fat 130
% Daily Value*
Total Fat 15g 23%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 400mg 17%
Total Carbohydrate 65g 22%
Dietary Fiber 14g 56%
Sugars 18g
Protein 12g
Vitamin A 30% • Vitamin C 70%
Calcium 15% • Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500
Total Fat

Recipe Submitted by Produce For Better Health Foundation



